



THE HUMMINGBIRD MOTH: NATURE'S DECEPTIVE FLIER



At first glance, you might mistake it for a tiny hummingbird—but look closer, and you'll discover it's actually a hummingbird moth. Belonging to the sphinx moth family, this remarkable insect mimics both the appearance and behavior of a hummingbird.

With its fuzzy body, fast-beating wings, and ability to hover while feeding, the hummingbird moth sips nectar from flowers using a long, straw-like tongue called a proboscis. Active during the day and at dusk, it's often seen in gardens flitting between blooms, especially around petunias. Though harmless, its uncanny resemblance to a hummingbird can surprise onlookers. This mimicry serves as a form of protection from predators, allowing the moth to move safely among flowers while playing a crucial role in pollination. So next time you spot what looks like a hummingbird in miniature, take a second look—it might just be one of nature's most fascinating imposters.

IGRA PRICES EFFECTIVE June 26 - July 2
Hometown Proud

Customer Appreciation Day July 1st!

247 MEMBERS SAVE BIG
Lays Potato Chips 220 - 235 g

7.99 /lb
Pork Back Ribs 17.61/kg

3.99 CANADA
Romaine Hearts 3 pk

Hours: 7 Days a Week
7:00 am - 9:00 pm
Phone: 250-774-2791
Address: 4823 50th Ave South

List of Services

- Prescribed Fire
- Ignitions
- Fire Suppression
- Fuel Treatment
- Fire Guard Planning
- FireSmart Assessments
- Danger Tree Services
- Fire Mapping
- Fire Rehabilitation
- Training
- Contract Crews
- Forest Services

Northern Fire WoRx
NFWRx
Dr. Sonja E. R. Leverkus PhD
RPBio RPF PAg EP
Founder and Sr. Fire Lead
Phone:
(250) 321.FIRE / (250) 321.3473
(250) 321.BURN / (250) 321.2876
Email: info@northernfireworx.com
Website: https://northernfireworx.com

Expert mortgage advice



Susan Byrne
Mobile Mortgage Advisor
250 775-0188
1 866 894-0696
Susan.Byrne@cibc.com



"BEEM There, Done That"
Money tips, local insight, and advice from the credit union that gets it.

Avoiding Summer Budget Burnout
Set limits for BBQs, road trips, and gear splurges.
Fun doesn't have to mean financial regret.

Need help saving for a fun, affordable summer?
Call the **BEEM** team 1-877-787-0361 or visit **BEEM Credit Union** (formerly North Peace Savings) here in Fort Nelson.

1 & 2 BEDROOM UNITS AVAILABLE

Call or email today to arrange a viewing and get an application!

250 775 0070

bearbrook.gary@gmail.com



"Your industrial and residential lease specialists"

WE ARE A COMMUNITY - PRIDE MONTH AND THE RAINBOW CROSSWALK

The story of the Rainbow Crosswalk started with a message I received through my Councillor Facebook page from a resident who worked closely with people from the LGBTQIA+ community, many of them youth. This resident had seen firsthand the feelings of isolation and shame these community members were facing, and asked if I would advocate for those who didn't yet feel safe or ready to advocate for themselves. I was asked if the town might consider a gesture, perhaps a sign or sidewalk, to represent and support inclusivity.

At that point in my first term I hadn't given much thought to this issue. But the message struck me deeply, and after engaging with more residents and hearing some incredibly difficult stories, I decided to bring it to the Council table for discussion. I was new, and I wasn't sure what kind of response I'd get. Thankfully, the conversation around the table was constructive, and my eventual motion to paint a rainbow crosswalk received near unanimous support, with just one Councillor opposed. We directed staff to identify suitable crosswalks for repainting and consider other inclusion initiatives.

On June 28, 2019, coinciding with Pride Month and the 50th anniversary of the Stonewall Riots, former Mayor Gary Foster, former Fort Nelson First Nation Chief Sharleen Gale, Councillors at the time Laurie Dolan, Lorraine Gerwing, Todd Penney, and I rolled on the first coats of paint together. Side by side, we laid down colours that meant more than just paint, they represented a public commitment to diversity and acceptance.

What happened next surprised me most: the community started talking. Hundreds of comments poured in on Facebook. Many praised it as an overdue gesture of inclusion, one that publicly affirmed the dignity of LGBTQIA+ residents, showed young people they belonged, and added a splash of vibrant, meaningful colour to our community. Others challenged the use of funds and questioned the purpose of symbolic acts. A few voiced strong opposition, including members of the LGBTQIA+ community, not out of shame, but because they didn't want to be treated differently. They simply wanted to be accepted without distinction. That nuance taught me that visibility and equality can mean different things to different people. The conversations, that dialogue, was invaluable. I learned a lot in those early days on Council.

At the end of the day, the Rainbow Crosswalk tells a story about our region. It says the Northern Rockies Regional Municipality is a place that acknowledges diversity, supports inclusion, and listens when people speak, even if they're not ready to speak for themselves. It shows that symbols matter, especially to those who are searching for belonging. In honour of Pride Month, I want to thank that concerned resident for sending that first message and sparking a conversation that changed me, and helped shape our community. We are still learning, still growing, and still painting our path forward. Because we are a community. **Submitted by John Roper**

MUSKWA MUSINGS WITH CASEY GAIRDNER

Hope on the Horizon: New Wellness Centre Coming to Northeastern BC



Residents of Northeast British Columbia are one step closer and about 7 hours closer to improved addiction support, with the announcement of the North Wind Wellness Centre in Pouce Coupe. This long-awaited facility will bring essential treatment services closer to home for northern communities, offering an option that is closer to us and more culturally sensitive.

Addiction has touched countless lives and families in British Columbia. For too long, accessing the vital care needed has meant traveling far from loved ones and cultural roots, making an already difficult journey even more challenging. Set to open in winter 2025, the North Wind Wellness Centre will provide 55 spaces for individuals 19 and older, blending respected First Nations healing traditions with modern medical care. This thoughtful integration ensures a holistic and culturally safe approach to recovery.

The 3,200-square-metre facility is designed to offer comprehensive support, including:

- * Detox and treatment beds
- * Supportive housing units
- * "The Junction" – a dedicated community recovery hub

This all-in-one approach, known as the Addictions Recovery Community Housing (ARCH) model, provides continuous, wrap-around support through every stage of recovery. Designed in collaboration with local First Nations, the centre prioritizes trauma-informed and culturally safe care, empowering individuals to rebuild their lives with dignity, connection, and a strong sense of belonging.

For Fort Nelson and surrounding areas, this project is more than just a new facility, it's a symbol of hope, healing, and homegrown support. The North Wind Wellness Centre represents a major step forward in addressing addiction and strengthening wellness across our region. Please remember, you are not alone on this journey. Help is on the horizon, closer than it's ever been.

If you or a loved one is struggling please consider attending a meeting, the road to recovery starts with one single step there is a life on the other side of addiction.

Until next week.

Casey Gairdner "The Muskwa Muser" - Muskwamuser@gmail.com

ECOLOGICAL CONSULTING COMPANY

Dr. Sonja E. R. Leverkus PhD RPBio RPF PAg EP
Founder and Ecosystem Scientist

Phone: 250-321-7069

Email: info@shiftingmosaics.com

Website: https://shiftingmosaics.com

"Conserving biodiversity from the past,
in the present,
for the future."



Automotive Services You Can Count On

Address: 4440 50th Avenue North
Fort Nelson, BC V0C 1R0

Hours: Monday - Friday
8:00 AM - 5:00 PM

Phone: (250) 774-6804

NEW
EVERYDAY
LOW PRICE

SMALL
\$1
PLUS TAX

PREMIUM
ROAST COFFEE

MUST BE McCafé

CFA City Furniture & Appliances Ltd.
We don't sell. We help you buy!

- Furniture • Mattresses
- Electronics • Appliances

Cell Phone From \$0 Down

Bell -iPhone -Samsung
Authorized Dealer
Certified Used Cell Phone From \$99.99

RIGGS SAFETY
EDUCATING THE NORTH

CANADIAN RED CROSS
TRAINING PARTNER

First Aid Kit Services

RIGGSSAFETY.CA 250 321 3267

H&R BLOCK
Unit 1B, 4916 50 Avenue N,
Fort Nelson, BC VOC 1R0

Call us today,
Office: 250.500.2183

Daisy Lai | Tax Professional

"To provide help and inspire confidence in our clients and communities everywhere."

WEEKLY EVENT CALENDAR

Alcoholics Anonymous - Mondays, Wednesdays & Saturdays - 8:00PM to 9:00PM
Mondays at the United Church - 5108 Sunset Drive,
Wednesdays & Saturdays at Hospice Centre 5312 43rd Street

Narcotics Anonymous - Fridays - 7:00PM - Fort Nelson Aboriginal Friendship Centre

Monday June 23rd
Soup and Seniors Social - 11:30AM Soup, 12:30PM Social - Lamplighters Hall
Youth Advisory Council (YAC) - 4:00PM to 5:30PM - Registration Required - Fort Nelson Public Library

Tuesday June 24th
Sour Dough Making - 1:00PM - Northern Lamplighters Hall
Summer Reading Club – Reading Tracking Starts - Fort Nelson Public Library

Wednesday June 25th
Canasta - 11:00AM - Northern Lamplighters Clubhouse
Rotary Meeting - 12:00PM - The One Restaurant
Gizmos & Gadgets - 4:00PM to 5:00PM – Registration Required - Fort Nelson Public Library
Tech Support for Seniors - 4:30PM to 5:30PM - City Furniture

Thursday June 26th
The Park Social - 10:00AM to 11:30AM - Art Fraser Park
Knitting and Crafts - 3:00PM - Northern Lamplighters Clubhouse
Themed Storytime - 4:00PM to 4:45PM – Registration Required - Fort Nelson Public Library

Friday, June 27th
Fun and Games - 1:30PM - Northern Lamplighters Clubhouse
Teen Night - 7:00PM to 10:00PM – Drop-ins Welcome - Fort Nelson Public Library

Saturday, June 28th
Canasta - 11:00AM - Northern Lamplighters Clubhouse

Hosting a Summer Event?
Send us the details and we'll share it for free in our weekly calendar!
Email: newsletter@fncls.com
Let's spread the word!

CELEBRATION OF LIFE

Danny Dinn
June 28th 1959 – December 13th 2024

JUNE 28th, 2025
FORT NELSON REC CENTER CURLING LOUNGE
2PM
CASH BAR, LIGHT SNACK & LAUGHS
SPORT JERSEYS WELCOMED

Wildfire Information Line
Call **1 888 336-7378 (3FOREST)**
for up-to-date information on:
Fire danger ratings,
Regional fire prohibitions,
and Wildfire activity.

REPORT A WILDFIRE
Immediately call **1 800 663-5555**
toll-free, or ***5555** on a cell phone
to report wildfires, smoke
columns and violations of wildfire
regulations in British Columbia.

NORTHERN ROCKIES REGIONAL MUNICIPALITY
Opportunities & Notices

Career Opportunities
northernrockies.ca/careers

Job Posting No. 2025.15
Climbing Wall Attendant
Closes: June 26, 2025 at 4:30 p.m.

*For current career opportunities visit
www.northernrockies.ca/careers*

Bidding Opportunities
northernrockies.ca/bids

RFQ-2025-16
Leak Detection Program
Closes: June 26, 2025 at 2:00 p.m.

*For current bidding opportunities visit
www.northernrockies.bidsandtenders.ca*

Advisories, Notices & Hearings
northernrockies.ca/notices

PROPERTY TAX INFO

- due date **July 2nd**
- apply for **Home Owners Grant** if eligible.

*Submit your payment and grant application on time to avoid penalties.

NOTE: This advertisement contains the most current postings as of the newsletter publication date.
Visit www.NorthernRockies.ca

Shania Twain CONCERT RAFFLE

CONGRATULATIONS TO SHANNON KINNEY OF PRINCE GEORGE, WINNER OF THE SHANIA TWAIN CONCERT RAFFLE!

ENJOY THE SHOW, SHANNON!

A BIG THANK-YOU TO EVERYONE WHO PURCHASED TICKETS—YOUR SUPPORT IS TRULY APPRECIATED!

Fort Nelson Community Literacy Society

Community Youth Action Table

The Community Youth Action Team was created in late 2024 to support youth mental health and build stronger community connections. Youth from SD81, Chalo School, Fort Nelson First Nation, NRRM, and the Fort Nelson Public Library meet monthly to lead the project. They noticed that while activities exist for youth, many don't feel included or respected. To help, they created presentations for younger students about respect, diversity, and inclusion. The CYAT wrapped up the year with presentations about boundaries and respect at GWC and Chalo schools, sharing knowledge and leadership from students in grades 9-11 to work towards their goal of creating a better and safer environment for youth.

Graduation keepsake Magazine
\$25 each

PRE-ORDER here:
or visit our website
at www.fncls.com

pick-up by late summer – fall

Summer Solstice 2025: A Day of Light and Tradition

On June 20, 2025, the Northern Hemisphere welcomed the summer solstice, the longest day of the year and the official start of summer. The solstice occurred at 2:51 p.m. MST, when the sun reached its highest point in the sky. Communities across the globe celebrated the day with reflection, ritual, and joy. At Stonehenge, sunrise drew thousands to witness the sun align perfectly with the ancient stones. In Scandinavia, Midsummer festivals filled villages with music, flowers, and traditional dances. Closer to home, people across the Mountain West took advantage of the extended daylight with hikes, picnics, and stargazing. While rooted in astronomy, the solstice also symbolized a spiritual turning point—a time to reconnect with nature and appreciate the light that guides us through the year's warmest season.

FORT NELSON COMMUNITY LITERACY SOCIETY
MONDAY, TUESDAY & THURSDAY 10:00AM - 3:00PM
250-850-5616 admin@fncls.com

Need Help with the Canadian Dental Care Plan?
We'll guide you through the application and help you build your computer skills along the way.
Contact us to book an appointment and get started!

NRSS - MEALS ON WHEELS MENU \$10.00/MEAL

- Tuesday, June 24, 2025** - Hamburger Goulash, Caesar Salad & Garlic Toast
- Thursday, June 26, 2025** - BBQ Chicken Legs, Potato Salad, Cumber & Tomato

To purchase gift cards or to be added to the list call 250-774-3193 the day prior

Rotary Club of Fort Nelson

Fort Nelson Community Literacy Society

Please Email Fort Nelson Community Literacy Society to purchase ad space or share your event.
newsletter@fncls.com

DRAGONS, DICE & DESTINY
A SUMMER READING ADVENTURE

READ YOUR WAY THROUGH AN ADVENTURE
Summer Reading Club is **FREE** and **FUN** and available at **FNPL** for **ALL AGES!**
REGISTER OPENS JUNE 16 AND CLOSSES JULY 9, 2025
Start reading on June 25, 2025, and Finish all 7 weeks before September 3, 2025

Rotary Club of Fort Nelson

BOAT RAFFLE
Purchase a ticket for a chance to win a 16ft aluminum boat with trailer and 20HP motor!

Tickets \$20 Each

Draw Date: July 1/2025 at the Canada Day Picnic Northern Rockies Rec Centre
BC Gaming License No. 159592
Purchase from any rotarian or Brenda at the A-frame
E transfer to rotarytickets2024@gmail.com